

Fruit of the Month

STAR FRUIT!



The star fruit or carambola is a tropical fruit that is gaining popularity in the United States. This fruit acquired its name from the five pointed star shape when cut across the middle of the fruit. It has a waxy, golden yellow to green color skin with a complicated flavor combination that includes plums, pineapples, and lemons.

Originally from Sri Lanka and the Moluccas, and cultivated in Southeast Asia and Malaysia for several hundred years, this fruit also goes by many other names including: bilimbi, belimbing, Chinese star fruit, five-angled fruit and the star apple. Today, star fruit flourishes in south Florida and Hawaii because the fruit thrives on growing in a warm environment. Two types of star fruit are grown, tart and sweet. Tart varieties typically have narrowly spaced ribs, while sweet varieties tend to have thick, fleshy ribs. The tastes between the two are hardly distinguishable, as the tart variety still has some sweetness. This tropical fruit is readily available July through February.

Nutrition Facts

Serving Size (127g)
Servings Per Container

Amount Per Serving

Calories 40 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 1g

Vitamin A 15% • Vitamin C 45%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Star fruits are an excellent source of vitamin C, is low fat, and naturally sodium and cholesterol free. A small whole star fruit will provide approximately 2/3 cup sliced.

Selection

Select firm, shiny skinned, even colored fruit. Star fruits will ripen at room temperature and have lightly brown edges on the ribs when it's ripe. Avoid purchasing star fruit with brown, shriveled ribs. This delicious fruit is also available dried.

Storage

Non-ripe star fruit should be turned often, until they are yellow in color and ripe with light brown ribs. Store ripe star fruits at room temperature for two to three days or unwashed, and refrigerated, in a plastic bag for up to one week.

Preparation

Star fruits are great to eat out of hand as these tropical delights do not need to be peeled or seeded before eating. Simply wash the fruit, remove any blemished areas, cut crosswise to get the star shape, and eat!



Make Star Fruit Part of Your 5 A Day Plan

- Add to fruit salads.
- Use for tarts, preserves, chutney and stewed fruits.
- Garnish chicken, pork or fish dishes.
- Garnish beverages.
- Add to your fruit smoothies.

Recipes

Star Fruit Salad

Makes 4 servings

Each serving equal two 5 A Day serving

Source: Produce for Better Health

2 star fruit

2 kiwis

2 bananas

1 cup mango fruit nectar

1 cup low fat vanilla yogurt



Peel kiwi and banana, cut into medium size pieces. Slice star fruit into $\frac{1}{4}$ -inch thickness. Combine all fruits in bowl. Add nectar over mixture. Refrigerate for 3 hours. Top with vanilla yogurt.

Nutritional analysis per serving: Calories 201, Protein 5g, Fat 2g, Calories From Fat 7%, Cholesterol 3mg, Carbohydrates 46g, Fiber 6g, Sodium 46mg.

Broiled Star Fruit with Vanilla Frozen Yogurt

Makes 4 servings

Each serving equals one 5 A Day serving

4 medium size star fruit, trimmed and each sliced into 8 stars

2 Tbsp fresh lemon juice

2 Tbsp light brown sugar

2 cups sugar free, fat free vanilla frozen yogurt

Place a broiler rack 6 inches from source of heat. Preheat broiler. Arrange star fruit slices on a baking sheet and brush with lemon juice. Sprinkle with brown sugar. Broil until sugar bubbles and begins to darken, about 2 to 3 minutes. Meanwhile, scoop frozen yogurt into 4 dessert dishes. Top each serving with 4 star fruit slices. Serve immediately.

Nutritional analysis per serving: Calories 198, Protein 7g, Fat 0g, Calories From Fat 1%, Cholesterol 3mg, Carbohydrates 44g, Fiber 2g, Sodium 50mg.

Star Fruit Avocado Salad

Makes 4 servings

Each serving equals one 5 A Day serving

Source: Andrew Faulkner for Melissa's Variety Produce

12 Romaine lettuce leaves, torn

2 tomatoes, sliced

1 red onion, sliced

$\frac{1}{2}$ avocado sliced

4 star fruit sliced

1 cup cucumber sliced

1 cup jicama sliced

12 mushrooms, sliced

On each of four salad plates, arrange a bed of lettuce. Layer the remaining ingredients in the order listed. Drizzle with lemon vinaigrette or your favorite dressing.

Nutrition information per serving: Calories 133, Protein 4g, Fat 5g, Calories From Fat 29%, Cholesterol 0mg, Fiber 8g, Sodium 18mg.

Star Fruit Chicken Rice

Makes 4 servings

Each serving equals one 5 A Day serving

Source: Andrew Faulkner for Melissa's Variety Produce

1 Tbsps olive oil
1 cup red bell pepper, diced
 $\frac{1}{2}$ cup scallions, chopped
2 Tbsps garlic, crushed
6 medium star fruit
 $\frac{1}{4}$ cup heavy cream
 $\frac{3}{4}$ skim milk
1 Tbsp cilantro, minced
2 cups brown rice, cooked
 $\frac{3}{4}$ pounds chicken breast
 $\frac{1}{2}$ tsp salt
 $\frac{1}{8}$ tsp black pepper
1 tsp Paprika

In a medium pan, heat olive oil. Sauté red bell pepper, scallions, garlic and star fruit over medium low heat until tender about 8 minutes. Stir in heavy cream and season with salt, pepper, and paprika. Cook over medium low heat for 8 minutes. In a large cooking pot, combine this mixture with the rice and chicken and heat until serving temperature about 5 minutes. Garnish with coriander.

Nutrition information per serving: Calories 370, Protein 26g, Fat 12g, Calories From Fat 28%, Cholesterol 70mg, Carbohydrates 42g, Fiber 7g, Sodium 328mg.